



The City of San Diego Park and Recreation Department
"We Enrich Lives Through Quality Parks and Programs"

www.ci.san-diego.ca.us



Learn-To-Swim Program

PARENT HANDBOOK

a service of the City of San Diego Park & Recreation Department

Table of Contents

Department Overview and Learn-To-Swim Program	2
Meet Gus and Goldie	3
Information on Swim Instructors; Course Descriptions; Swim Lesson Registration; Small Group, Semiprivate, Private Lessons; Program Fees and Release of Liability; Medical Concerns; Refund Policy; Lost and Found.....	4-8
Swim Lesson Policies	9
Watching Your Child Learn, Overcoming Anxiety, Positive Reinforcement Techniques, Practicing at Home.....	10
Please Help Keep Your Pool Open, Swim Diapers	11-12
Pool Rules.....	12-14
Health, Hygiene, and Sun Protection	14
Gus and Goldie Water Safety Roadshow.....	15

Department Overview



The **City of San Diego Park and Recreation Department** operates permanent swimming pools as well as the Portable Pool Program, which offers quality aquatic activities to families in communities where permanent pools do not exist. In addition to the ***Learn-To-Swim Program***, the Park and Recreation Department also offers youth swim league and water polo teams; adult water polo, master's swimming, and adult swimming lessons; water fitness classes; lap and recreational swimming; and other specialized aquatic programs.

As you can see, the opportunities for aquatic recreation are endless! For more information, see your Pool Manager or call the **Swim Hotline** at **(619) 685-1322**.

Learn-To-Swim Program Overview



In California, drowning is one of the five leading causes of accidental death in children under fourteen years of age. In sunny San Diego, our proximity to area beaches, bays and lakes, as well as private pools and spas underlines the need for community based water safety education and quality swimming instruction. The City of San Diego Park and Recreation Department's ***Learn-To-Swim Program*** is designed to teach swimming skills to toddlers, children, and adults in a positive, happy, and safe environment at an affordable price.

With an emphasis on fun, we offer year-round swim lessons which emphasize logical skill progression, water safety awareness, and endurance. Students are assessed on their individual ability, and your child will be promoted to the next level when they have completed the necessary skill requirements. Private and semi-private lessons are available. We are proud of our program, and hope you will find it to be one of the finest in the county!



Meet Gus & Goldie

We'd like to introduce you to **Gus and Goldie**, America's Finest *Spokesfish* for the Park and Recreation Department's **Learn-To-Swim Program**. Gus and Goldie, along with their friends, visit San Diego children and teach the importance of water safety and swimming lessons through the **Gus & Goldie Water Safety Roadshow** (see page 15). Keep your eyes open! They may even make a surprise visit to your pool this summer!



Our Swim Instructors

Our *Learn-To-Swim* Program is based on American Red Cross standards, and all of our instructors are certified in American Red Cross water safety instruction, First Aid for Public Safety Personnel, CPR for the Professional Rescuer, and Lifeguarding.

Learn-To-Swim Program Course Descriptions

The descriptions on the next several pages are course objectives. They are the instructor's goals for the students. Please use the age ranges as suggested guidelines to enroll your child in the most appropriate course. Also, please remember that children learn at their own pace. Mastering swimming skills take time, practice, and patience! It is not unusual for students to repeat a level several times in order to master the skills required for a completion certificate and advancement to the next level. Safety is an important component at every level and all courses include education in personal safety in and around the water.

*Mama Goldie
& Baby Gus*



Parent & Tot (6 months to 3 years*)

With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules.

Tiny Tots (3* to 5 years)

Prerequisites: Child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming skills. Class is conducted without parent participation.



* Children 3 years of age and under must wear a tight-fitting swim diaper or tight-fitting plastic pants under their swimsuit. See page 11 in this Parent Handbook for more information.

Advanced Tots (3* to 6 years)

Prerequisites: See Tiny Tots, plus successful completion of Tiny Tots or Beginner One skills.

Students continue to develop basic swimming coordination.

Señor
Gato



Claire

Super Tots (3* to 6 years)

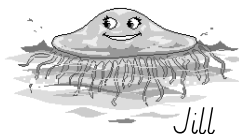
Prerequisites: See Tiny Tots, plus successful completion of Advanced Tots skills.

Super Tots are introduced to side breathing and learn to swim greater distances on their front and on their back.

Note: Beginner classes are split into three levels because of the skills taught at each level and the differences in children's development.

Beginner I (ages 5 and up)

This class is for the older child who has not had any formal swimming instruction. Students will be introduced to the basics of swimming.



Jill



Goldie

Beginner II (ages 5 and up)

Prerequisites: Successful completion of Super Tots or Beginner I skills.

Students "put it all together," and learn to swim across the pool using an effective crawlstroke with side breathing.

To maximize your child's learning experience in Beginner II, it is best to allow your child to wear swim goggles. For children with longer hair, please tie the hair back or wear a swim cap to keep their hair out of their eyes. For advice on what kind of goggles and swim caps to purchase, see your swim instructor or Pool Manager.

Beginner III (ages 5 and up)

Prerequisites: Successful completion of Beginner II skills. Swimmers will strengthen their endurance and coordination of the crawlstroke with side breathing.



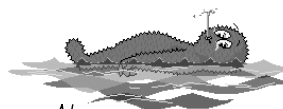
Dunkin



Gus

Advanced Beginner (ages 5 and up)

Prerequisites: Successful completion of Beginner III skills. Instructors stress the importance of swimming endurance and efficiency in deeper water, as well as learning standing front dives and how to tread water.



Algie

Intermediate (ages 5 and up)

Prerequisites: Successful completion of Advanced Beginner skills. Students are introduced to sidestroke and breaststroke and continue to work on advanced safety and rescue skills.



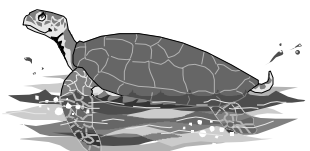
Gus & Goldie

Swimmer (ages 5 and up)

Prerequisites: Successful completion of Advanced Beginner skills. Students perfect their technique and build endurance in crawlstroke, elementary backstroke, back crawl, and breaststroke. Students are introduced to the butterfly.

Advanced Swimmer (ages 5 and up)

Prerequisites: Successful completion of Swimmer skills. Students continue to build endurance and focus on competitive swimming and water polo skills.



Sophie

Diving Instruction

Swim instructors follow American Red Cross Water Safety Instructor guidelines. Tiny Tot, Advanced Tot, Super Tot, Beginner I, and Beginner II courses do not include diving instruction or the use of diving boards. Beginner III introduces diving from the pool edge. Advanced Beginners requires that a student perform a standing front dive from the edge of the pool deck (minimum pool depth of 9 feet) to advance to the next level. At the Swimmer level, the entire class must pass the swim test to allow all students to perform a standing front dive from the one-meter (low) board.

Note: All pools do not have diving boards and skills will be assessed accordingly.

The use of the three-meter (high) board is not part of the lesson program and students will not be given the opportunity to use this diving board during the Learn-To-Swim Program.

Swim Lesson Registration



Learn-To-Swim classes are conducted year-round. Please check your neighborhood's pool program for specific class schedules and registration dates and times. Remember, certain classes are extremely popular and space is limited! (Please note: There is no preregistration. Specific registration dates are listed in your pool's program.)

Once enrolled in a class, your child may be transferred to a different class level based on his or her skills and/or abilities, which are assessed on the first day of class. If your child has special needs, please inform the Pool Manager and swimming instructor before the first class session begins. Availability of classes is subject to a required minimum number enrolled. If this minimum number is not met, class levels may be combined or the class may be cancelled. If you prefer to have your child in a class that is not combined, ask your Pool Manager about small group, semiprivate, or private lessons.

Small Group, Semiprivate, Private Lessons

Does your child need more personal attention than large group lessons offer? Try our Small Group, Semiprivate, or Private Group lessons available at all pools. Scheduling is based on pool and instructor availability. Contact staff for more information.

Program Fees & Release of Liability

All fees must be paid in full at the time of registration. Prices are subject to change without notice. Check with the Pool staff for current fee information. All parent/legal guardians must complete and submit a **Waiver and Release of Liability Form** prior to the first day of lessons.

Medical Concerns

If your child has a medical condition, such as (but not limited to) allergies, seizures, or epilepsy, a medical clearance form from your physician is required and must be submitted to the Pool Manager prior to the first day of class. In an emergency, knowledge of medical conditions will aid our staff and emergency personnel in giving appropriate care.

Refund Policy

Please double check the classes you have chosen. There will be **NO REFUNDS**. You may request a transfer or credit. This option can be authorized by the Pool Manager only. If your swimming lesson was cancelled due to closure for pool maintenance or because of extreme weather conditions, arrangements will be made by the Pool Manager.

Lost and Found

Do not leave money or articles of value in the pool facility. The City of San Diego will not be responsible for any lost articles.

Swim Lesson Policies

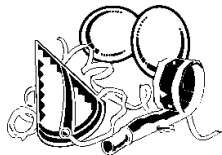
Things to Know Before You Go!

1. If your child is ill, severely sunburned, has an eye infection or open wounds, or has diarrhea, he or she will not be allowed in the water.
2. Gum and candy must be thrown out prior to the start of class.
3. Boy's swimsuits must be trunks above the knee. No cut-offs.
4. Classes will be taught regardless of the weather (except for lightning).
5. There are no make-up lessons unless scheduled by the Pool Manager.
6. T-shirts are not permitted because they restrict movement.

Before Class Begins

To create a happy and successful swim lesson experience, please ensure that:

1. Children arrive dressed in a swimsuit and ready to swim.
2. Apply sunscreen to your child. Don't forget ears and tops of hands and feet!
3. Children have gone to the restroom prior to class. Once class begins, parents will be responsible for taking their child to the restroom. Remember, this limits water time.
4. Children who are 3 years of age and under must wear a swimsuit diaper and/or tight-fitting plastic pants under their swimsuit. For more information, please see page 11.
5. Children need to arrive on time to class. Being late not only holds ups the rest of the class, but also limits important pool time for your own child.
6. Long hair is tied back, so it won't get in your child's face.



Rent the pool for birthday parties and other family celebrations!
Talk to your pool manager for available dates and rental rates!

Watching Your Child Learn

Parents must remain in the facility's designated viewing area. Although this may seem overly restrictive, it is necessary for the classes to run smoothly and safely. It takes the instructor several classes to obtain trust and respect of the students. This is a good time for children to gain independence and experience in a class situation.

Overcoming Anxiety

Children who start crying during lessons should be encouraged to overcome their anxiety regarding the water and their instructor. Parents may be allowed on the pool deck or a child sent to the parent (at the Pool Manager's discretion).

Positive Reinforcement Techniques

Any disciplinary problems should be taken care of by the swim instructor. Positive reinforcement to encourage appropriate class behavior will include removing the child from the swim lesson (i.e. "time out" for a brief period of time) and may include talking about the problem with the parent and/or Pool Manager.

Practicing At Home

A great way to enhance your child's swim lesson experience is by practicing at home. (You don't even need a pool to do this!)

1. If this is your child's first experience with swim lessons, talk about how fun lessons will be, how they will meet new friends, and how it is important it is to be a good listener.
2. After swim lessons, ask your child about the skills they learned.
3. For younger swimmers (parent/tots, tots, advanced tots), practice blowing bubbles in the bathtub, wash their face with a washcloth, or slowly pour water over their heads. These fun exercises aid in the development of being comfortable with getting the mouth,

nose, eyes, and ears wet, as well as future swimming experiences.

4. Sing the songs learned in class during bathtime or in the car on the way to lessons. These songs usually include: “Kids In The Pool,” “Hokey Pokey,” and “Motorboat.”

5. Remind your child why learning how to swim is important (i.e. to participate on the swim or water polo teams, to go swimming at the beach or bay areas, to go swimming at a waterpark or backyard pool, or spa).

We Value Your Opinion!

We appreciate your comments on our programs. Please be sure to complete a **Parent Questionnaire** (available from your Pool Manager) and give us your feedback. We are constantly striving to improve our programs so we may best meet the needs of the communities we serve.

Please Help Keep Your Pool Open!

Did you know that if the pool is contaminated with fecal matter, the pool has to be closed for **24 hours**? Please follow these safety precautions to help us ensure that your experience at the pool is both fun and safe for the entire community and to reduce the risk of pool closures.



*Please don't
p___ p in
our pool!*

1. Don't change your child's diapers at the side of the pool. Please use the restroom facilities and properly dispose any soiled diapers.

2. Don't allow your child to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

3. Have your child use the restroom before entering the pool (and wash their hands with soap and water).

4. Take young children to the bathroom often to minimize accidents.

(Please Help...continues on page 12)

5. Children 3 years of age and younger are required to wear a tight-fitting “swimsuit diaper” or tight-fitting plastic pants and a swim suit. Our staff will strictly enforce the policy. Some pools sell disposable swimsuit diapers. See your Pool Manager for details.
6. Do not rinse hands in the pool after making a trip to the bath room or changing a child’s diaper. Wash hands by using soap and warm water and rubbing them together for at least 20 seconds.
7. Abide by our “no street shoes on the pool deck rule”. Fecal matter and other debris can be tracked into the pool area on your shoes!

Pool Rules

The following pool rules will be enforced at all times. Everyone is expected to behave accordingly in order to maintain a safe and enjoyable environment for all swimmers. Patrons may be asked to leave the facility as a result of unacceptable behavior. There are additional facility-specific pool rules (i.e. water slides, children’s pools, etc.) you should also be familiar with. For more information, see the Pool Manager.

1. All patrons entering the facility during Recreational/Lap Swim times are required pay the facility admission fee.
2. Rules and requests made by lifesaving personnel must be complied with at all times.
3. Walk!!! Do Not Run!!!
4. Children under 7 years or less than four feet tall must be accompanied by a parent or responsible person in a swim suit at all times (including in the water, on the deck and in the restroom). While in the water, parent/responsible person must remain within arms reach of child.
5. Children who are not toilet trained will be allowed in the pool if they have on a tight-fitting "swimsuit diaper" or tight-fitting plastic pants and a swim suit. No cloth or disposable diapers are allowed.
6. Acceptable swim suits must be worn by persons on deck or in the water. Street shoes or clothes must not be worn on the pool deck.

7. Animals are not allowed in the building or pool area, with the exception of guide dogs. Guide dogs are allowed on deck, but not in the water.
8. Persons under the influence of alcohol or narcotics will be denied admission.
9. Candy, food or beverages are not allowed except in areas provided for such activities. No glass items, chewing gum or smoking in the facility.
10. Toys, flotation devices (water wings), snorkels and masks are not allowed unless part of an organized class or activity, or approved by the manager.
11. Suntan oils may not be used by sunbathers or swimmers. The use of sunscreen is encouraged, however, patrons must shower before re-entering the water.
12. Shower before entering the pool. Persons with open cuts, sores, bandages, colds, coughs or infected eyes are not permitted in the pool.
13. Everyone must pass a swim test before entering deep water. Weak or non-swimmers must remain in shallow water no deeper than their armpits. Adults may be asked to take the swim test if necessary.
14. Please do not engage the lifeguard in unnecessary conversation.
15. Diving in water less than nine feet deep, back dives, somersaults, or "cannon balls" from the side of the pool are not permitted.
16. Lying on the deck close to the edge of the pool where swimmers may trip over sunbathers is dangerous. Patrons should lie or sit at least three (3) feet away from the edge of the pool.
17. Spitting, spouting or nose-blowing in the pool is strictly prohibited.
18. Dangerous practices are prohibited. Patrons must not run on decks; climb, sit or jump from fences; dive in shallow water (less than 9 feet deep); swim in the diving areas; double bounce or crowd diving boards; or dunk, push, pull, or splash swimmers.

(Pool Rules continue on page 14)

19. Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the Pool Manager.
20. Foul or abusive language will not be tolerated.
21. Anyone entering the facility must pay admission regardless of whether or not they are using the pool (unless persons are on site for the Learn-To-Swim Program, and must stay in designated viewing area).

Health, Hygiene, and Sun Protection

Chlorine and pH

The chlorine and pH levels in our pool water is checked hourly by the pool staff. Our pool water is also randomly checked by the County Health Department. At times, eyeburn is mistakenly associated with a high chlorine level. Actually, eyeburn is due to extended eye contact with pool water, which may not have the same pH level as the fluid in the eye, causing eye irritation. Using goggles is recommended for extended eye contact with pool water. Ask your swim instructor for advice on what kind of goggles you should purchase.

Dry Skin/Skin Infections

Dry skin can be caused by regular exposure to sun and water. To alleviate dry skin, have your child shower after class and apply a moisturizing lotion. Any students with open wounds, lesions, contagious rashes, etc. will not be allowed to swim per County Health Department Bathing Codes.

Sun Protection

It is estimated that 80% of sun damage occurs prior to age 18. One blistering sunburn before age 20 doubles your child's chance of melanoma in later years. We encourage applying a broad spectrum, waterproof sun screen at least 30 minutes prior to going out into the sun. Reapply sunscreen every hour while in the sun. For more information, call **Scripps SunSmart** at (858) 626-6727.

Gus and Goldie Water Safety Roadshow

Gus and Goldie, our Learn to Swim “spokesfish,” can visit your elementary school, daycare center, or community library for a fun and interactive water safety assembly for children ages four through ten. The **Gus & Goldie Water Safety Roadshow** travels throughout San Diego County and is available during the Spring season between February through June. Call the Swim Hotline at (619) 685-1322 to schedule your visit from Gus and Goldie.

Adapted Aquatics

In partnership with the San Diego Unified School District, the Park and Recreation Department’s Adaptive Aquatics Program allows children and adults with any disability to experience the therapeutic benefits of aquatic recreation. (See *Medical Concerns*, page 8.) For more information, call the Swim Hotline at (619) 685-1322.

Service Animals

Service animals (i.e. guide dogs) may come onto the deck area, but not in the water. The Pool Manager can assist the animal’s owner in finding an area near the pool so the service animal will not be distracted by other patrons.

Swim Hotline ...The only number you need
for information on year-round aquatic activities!

(619) 685-1322

a service of the City of San Diego Park & Recreation Department

pool locations • youth & adult water polo • youth swim league
water exercise • child & adult swim lessons • special events
lifeguard training & first aid classes • employment opportunities



Notes:



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DEPUTY DIRECTOR (619) 685-1310) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

www.ci.san-diego.ca.us

*Special Thanks to Speedy Bindery
for donating the bindery services
for this Parent Handbook!*

SPEEDY BINDERY

Trimming • Folding • Automatic Saddle Binder
4386 Jutland Dr., San Diego, CA 92117



**FOR POLICE
NON-EMERGENCIES
CALL
(619) 531-2000**

**FOR LIFE & DEATH
EMERGENCIES
CALL 911**

**A SERVICE OF
THE CITY OF SAN DIEGO
POLICE DEPARTMENT**

**Swim, Splash,
& Play with us!**



Youth Water Polo and Swim Teams
Children & Adult Swim Lessons
Water Fitness • Master's Swimming
Lifeguard & First Aid Training
Lap & Recreational Swimming
Employment Opportunities...
and more! For information, call

**the Swim Hotline
(619) 685-1322**

A service of the City of San Diego
Park & Recreation Department